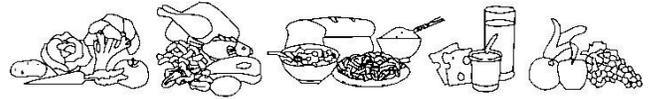


# Food \$ense



Wisconsin Nutrition Education Program

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## Rethink Your Drink

Choosing healthy beverages is a great first step to a healthy diet. Americans are drinking more soft drinks than ever. On an average, people are drinking almost 500% more soft drinks per year than 50 years ago. One

reason for this increase is larger portion sizes - soda bottles have increased in size and fountain drinks sizes can range from 22 to 64 ounces. Children now start drinking soda at a young age, and the amount increases through young adulthood.

People who drink soft drinks take in more calories than those who do not. Drinking sugar-sweetened beverages is associated with weight gain, obesity, and type 2 diabetes. A 12-ounce can of soda has 150 calories and 10 teaspoons of sugar. If these calories are added to the typical

diet without cutting back on something else, one soda each day could lead to a weight gain of 15 pounds in one year.

Try these tips to rethink your drink:

- **Help** children learn to enjoy water as their thirst quencher of choice.
- **Make** soft drinks a “sometimes” beverage to be enjoyed in moderate amounts.
- **Remember**, soft drinks also include fruit drinks, fruitades, lemonade, energy drinks and sweet tea.
- **Keep** a pitcher of water in the refrigerator for easy access.
- **Add** lemon, lime, other fruit, or a splash of juice to water.
- **Never** pass by a water cooler without stopping for a drink.



Source: North Carolina School Nutrition Action Team

### Fruitastic Summer Smoothie Blast

*Try this healthy beverage.*

- ½ banana
- ½ cup frozen berries
- 6 ounces low-fat strawberry yogurt

1. Wash your hands.
2. Blend all ingredients well in blender.
3. Pour into your favorite glass and enjoy!

Note: Any combination of one cup of fresh or frozen fruits can be substituted.

Freeze your smoothies in plastic cups and take in a cooler to picnics.

2 servings, 1¼ cup each - 190 calories each

Source: Iowa State University Healthy and Homemade 2012 Calendar



## Reduce Sugar-Sweetened Beverages

Did you drink a soda, punch, flavored water, sports drink, or coffee drink yesterday? Check the label. Chances are you will find corn syrup, sugar, sucrose, cane sugar, or cane syrup listed as an ingredient.



These ingredients supply a constant source of food for bacteria to grow on your teeth, which may lead to cavities. And new research shows that our bodies don't

quite calculate the calories from beverages the same as those from food. Drinking sweetened beverages may be one of the biggest contributors to excess calories and weight gain.

Instead of...

- **Regular soda**, try substituting diet or sugar-free soda. If you can't make the change to diet, at least reduce the size of your cup.
- **Flavored coffees**, try swapping sugar-free or unflavored coffees and order sugar-free syrups.
- **Flavored waters**, try making your own with a few fruit slices in a glass with water and ice.
- **Sports drinks**, try swapping milk. Research shows that milk could be more effective for exercise recuperation than sports drinks.
- **Punches**, try swapping juice. Grab a pouch or box labeled 100% juice, not fruit-flavored or fruit drink.

Source: *University of California Cooperative Extension*

# FOOD STAMPS GROW GARDENS!



**SNAP EBT benefits (food stamps) may be used to purchase food-producing plants and seeds.**

**Are you looking for affordable opportunities for active play for your family?**

*Get Active in Grant County* is a reference book of free and very inexpensive ways to be active in our county. People of all ages will enjoy the variety of listings to choose from such as over 60 parks, places to swim, hike, ride bikes, watch birds, play tennis, fish and much more.

**Stop at our office for a copy or go to <http://grant.uwex.edu/> to explore the possibilities for fun!**



## Take-along Trail Mix

*A tasty snack with your favorite ingredients!*

- |  |  |
|--|--|
| 2 cups unsweetened cereal<br>(such as Cheerios, Wheat Chex)                  | 2 cups popped popcorn                                  |
| 2 cups sweetened cereal<br>(such as Honey Nut Cheerios, Frosted Mini Wheats) | 2 cups small pretzel twists                            |
|  | 1 cup dried fruits (such as raisins, cranberries)      |
|  | 1 cup nuts (such as peanuts, chopped walnuts, cashews) |

1. Mix together a minimum of four of the ingredients listed above in a large bowl.
2. Measure 1/2 cup servings in snack-sized sealable bags.
3. Place in an airtight container and store in the cupboard for up to 1 week, or freeze for several weeks.

Note: If you have young children, dried fruit and popcorn are a choking hazard.

Makes about 16 1/2-cup servings

Adapted from: *Iowa State University Extension Spend Smart Eat Smart*

## Water Bottle Care and Cleaning

Many people these days carry water bottles at work, home and all kinds of events. The latest research suggests we need to take care when using and cleaning water bottles.

Two common types of water bottles are the plastic bottles already filled with water, and the thicker plastic bottles that are sold as beverage containers.

Plastic water bottles filled with water, purchased at a store, are NOT designed to be reused. Recent studies suggest that washing this type of water bottle to clean the inside and remove germs might actually speed up the plastic's break-down and could cause harmful chemicals to get into the water. While it may be tempting to refill this type of water bottle, it's best to recycle the bottle when it is empty.

Thick plastic beverage containers, are sturdier than plastic single-use bottles and can be reused. Care still needs to be taken to properly clean and handle these containers. A new study of sports water bottles at an elementary school found that they were loaded with germs – a reminder that sharing of water bottles is never a good idea!



### To wash and sanitize water bottles for reuse:

- Wash the water bottle daily with soap and warm water. Rinse with clear water and drain.
- Allow bottle to dry thoroughly overnight.
- If you don't have a sink handy at work, store the water bottle in a refrigerator at the end of the day so germs won't grow overnight.
- At least once a week, follow washing and rinsing with sanitizing - rinse with a diluted bleach solution of 1 teaspoon bleach in a quart of water. Allow the bottle to thoroughly air-dry after sanitizing.

Source: B. Ingham, University of Wisconsin Food Safety



### *Dear Sue Keeney...*

*Meet Sue Keeney--your source of research-based information about nutrition and health! Readers of all ages like Sue's practical tips on eating for good health, stretching the food dollar & more!*

*Dear Sue,*

*My son is the star of his little league baseball team. During the games, I always make sure he has his favorite sports drink to keep him well hydrated and at peak performance.*

*Recently, I read in a magazine that sports drinks are not the healthiest choice. Is this true? If they are not the best choice, then what should I be giving my son to help him reach his full potential?*

*T. Hatt (Mom)*

Dear T. Hatt,

It is true; sports drinks are not the healthiest choice. Sports drinks provide energy to working muscles, but they also have lots of calories with not much nutrition. As far as calories and nutrition are concerned, they are similar to drinking soft drinks.

There is NO evidence to support the use of sports drinks for athletic events or athletic activities less than 60 minutes long. Even if a normal baseball game lasts for more than 60 minutes, your son is not vigorously active the entire time.

Water is really the best source of hydration for children and adults in most situations. Of all nutritional concerns for athletes, getting enough water is the most important. To prevent dehydration, people who are active should drink water before, during and after the activity.

So the next time you are at a game, take water instead of a sports drink for your son and yourself. It will hydrate both of you without all the added sugar and calories.

*Sue*

Source: Cooperative Extension Service & University of Nebraska

## Bottled Versus Tap?

Sales of bottled water have grown in the last 10 years. Bottled water is the second leading drink in sales, after soda. Shoppers buy bottled water for convenience, taste or possible health benefits.

Advertisements and package labels showing glaciers and crystal-clear mountain springs have created a public feeling that bottled water is “purer” and “healthier” than tap water.

The truth is, bottled water is not cleaner or safer than most tap water. Some bottled water comes from the same city water supplies as tap water.

Public health offices are concerned that bottled water could lack fluoride, which may be in public tap water. This difference may be linked to the growing number of cavities among youth.

Bottled water costs more for consumers and the environment. The Earth Policy Institute suggests that bottled water costs as much as 10,000 times as much as tap water - that's much more than the price of gasoline!



The U.S. demand for bottled water requires more than 1.5 million barrels of oil each year just to make the plastic bottles. That's enough fuel for 100,000 cars a year. Plus, most bottled water is trucked to stores, using additional gasoline.

If the expense of bottled water to your wallet and to your world concerns you, use refillable water bottles.

Source: *Iowa State University Extension*

*Kids in the Kitchen...*

## Frozen Fruit Cups

- 3 bananas
- 10 ounces fresh or frozen (thawed but not drained) strawberries
- 24 ounces low-fat yogurt of your choice
- 8 ounces crushed pineapple, undrained
- 18 7-ounce paper or plastic cups
- 18 plastic spoons or Popsicle sticks



1. Wash your hands.
2. Line 18 muffin-tin cups with 7-ounce cups.
3. Dice or mash bananas and strawberries in a large mixing bowl.
4. Stir in remaining ingredients and pour into the 7-ounce cups and put in freezer.
5. When partially frozen (1 to 2 hours) put a plastic spoon or Popsicle stick in the center of cup and freeze until firm.
6. Before serving, remove cup.

Makes 18 servings.

Source: *Kids a Cookin' Kansas State University*

**GOAL:** What is one thing you plan to do to drink more water instead of sugary drinks? Write your goal here so you will remember it:

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WNEP education is supported by the USDA Supplemental Nutrition Assistance Program (SNAP), FoodShare Wisconsin, UW-Extension and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call 1-888-794-5780 (toll free) or go to <http://access.wisconsin.gov>. To learn more about the Wisconsin Nutrition Education Program in Grant County, contact:



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